

# SAVOUR SUMMER SAVINGS



**3.44**  
ea.  
or /lb

SELECTION BACON 375 g  
SELECTED VARIETIES 2.44 EA. OR  
LEGACY PEAMEAL CHUB  
ROLLED IN CORNMEAL 3.44/lb. 2.58/kg



LOCAL FIELD  
STRAWBERRIES 1.02/lb  
PRODUCT OF ONTARIO, CANADA, U.S. & OTHER  
COUNTRIES. WEATHER PERMITTING

**2.99**  
ea.



**5.00**  
10 pack

FRONT STREET BAKERY  
HOMESTYLE GOURMET COOKIES  
PKG OF 10, 200 - 425 g, SELECTED VARIETIES



**2.99**  
ea.

PARLOUR FROZEN DESSERT, HERSHEY,  
NESTLE OR CADBURY CELLOS OR  
PILLSBURY COOKIE DOUGH  
SELECTED SIZES, SELECTED VARIETIES



**3/5.00**

QUAKER CHEWY OR DIPPERS BARS,  
BETTY CROCKER CAKE MIX OR FROSTING  
SELECTED SIZES, SELECTED VARIETIES



**9.99**  
ea.

NABOB 500 g or KICKING HORSE 254 g GROUND COFFEE  
BALZAC'S COFFEE BEANS 340 g or  
MAXWELL HOUSE OR NABOB COFFEE CAPSULES 30 ml,  
SELECTED VARIETIES

Effective June 

TH	FR	SA	SU
20	21	22	23



**4.99**  
/lb

STORE MADE  
SAUSAGES VALUE PACK  
SELECTED VARIETIES  
11.00/kg



**12.99**  
/lb

IRRESISTIBLES  
PARMIGIANO REGGIANO  
AGED 24 MONTHS  
SELL COY. PRICES AS MARKED, 2.86/700 g  
IN-STORE GRATED 3.49/700 g



**11.99**  
ea.

FRESH MALPEDE  
STANDARD OYSTERS  
BOX OF 25



**12.00**  
ea.

FRESH 2 GO  
PANINI SANDWICHES  
SELECTED VARIETIES



SAVE \$4.00  
**21.99**  
ea.

FRONT STREET BAKERY  
MOUSSE CAKES 850 - 945 g  
SELECTED VARIETIES



**2 for 8.00**

PREMIERE MOISSON  
COUNTRY STYLE BREADS  
WHITE OR 100% WHOLE WHEAT, 700 g



**PREMIUM**

PREMIUM DOZEN ROSES  
12 STEM BUNCH  
ASSORTED COLOURS

SAVE \$4.00  
**20.00**  
ea.

[metro.ca](http://metro.ca)

# Get More Deals



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# metro

**2<sup>99</sup>** /100 g

SAN DANIELE PROSCIUTTO, MASTRO HAM, GENOA SALAMI, CHORIZO SALAMI OR SAPUTO PROVOLONE  
SELECTED VARIETIES, DELI SLICED OR SHAVED, 13.56/lb

**4<sup>99</sup>** /lb

TURKEY BREAST ALSO AVAILABLE

BONELESS SKINLESS

FRESH BONELESS SKINLESS CHICKEN BREASTS VALUE PACK OR BONELESS SKINLESS TURKEY BREASTS  
11.00/kg

**2<sup>49</sup>** /lb

FRESH PORK LOIN CHOPS ECONOMY PACK (3 RIB & 3 SIRLOIN CHOPS) OR FRESH WHOLE CHICKEN OR ZABIHA HALAL  
5.49/kg

**4<sup>99</sup>** /lb

EXTRA LEAN GROUND BEEF VALUE PACK  
11.00/kg

EXTRA LEAN

ORGANIC BLACKBERRIES, BLACKBERRIES OR RASPBERRIES 100 g  
PRODUCT OF U.S.A. OR MEXICO  
GOLDBERRIES 200 g  
PRODUCT OF COLOMBIA

**2<sup>44</sup>** ea.

**2 for 6<sup>00</sup>**

DEMPTER'S SIGNATURE BUNS, SELECTION 7" TORTILLAS OR COUNTRY HARVEST BREADS  
SELECTED SIZES, SELECTED VARIETIES, OR 3.49 EA.

**9<sup>99</sup>** /lb

FRESH RAINBOW TROUT OR TILAPIA FILLETS VALUE PACK  
MIN 900 g, 2.20/100 g

GREEN OR YELLOW ZUCCHINI  
PRODUCT OF CANADA, 1.29/lb, 2.34/kg  
GREEN OR RED LEAF LETTUCE  
PRODUCT OF CANADA, 1.29 EA.

**1<sup>29</sup>** ea. or /lb

**3<sup>99</sup>** ea.

PHILADELPHIA CREAM CHEESE, CHEEZ WHIZ, KRAFT SINGLES OR SELECTION SLICED CHEESE, ASTRO YOGURT OR BECEL MARGARINE  
SELECTED SIZES, SELECTED VARIETIES

**2 for 6<sup>00</sup>**

ESKA NATURAL SPRING WATER 34 X 500 ml LAY'S FAMILY SIZE CHIPS, TAKIS OR LIFE SMART NATURALIA TORTILLA CHIPS  
SELECTED SIZES, SELECTED VARIETIES

SELECTION BUTTER 454 g  
SELECTED VARIETIES

**4<sup>99</sup>** ea.

**5<sup>99</sup>** ea.

CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE  
SELECTED SIZES, SELECTED VARIETIES

SAVE \$6.00

**2 for 13<sup>00</sup>**

COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS  
12 X 341 - 355 mL OR 7.49 EA.

SELECTION CHEESE BARS OR SHREDDED  
SELECTED SIZES, SELECTED VARIETIES

**4<sup>77</sup>** ea.

## 4-DAY MEAL DEAL

Available Thursday June 20<sup>th</sup> to Sunday June 23<sup>rd</sup>

**10<sup>99</sup>** EACH

metro FRESH 2 GO

- Maki Sushi Boat 18 PIECES, 420 g
- Chicken Tenders or Wings PACKAGE OF 12 (TENDERS) OR 15 (WINGS) HOT OR CHILLED, 550 - 560 g
- Store Made Carousels FRESH VEGETABLE 955 g FRESH FRUIT 1.4 kg
- Fresh 2 Go Hot BBQ Mammoth Chicken 1 kg
- Pepperoni & Cheese 16" X-Large Hot Pizza WALK-IN ORDERS ONLY

# \$ New Lower Prices

**7.99** ea.  
WILD PINK ARGENTINEAN RAW SHRIMP 20-30, 300 g  
WATERVIEW MARKET SHRIMP 454 g  
SHRIMP APPETIZERS 284-340 g  
POLLOCK BREADED FISH FILLETS 800, 1 kg  
FROZEN, SELECTED VARIETIES

**9.99** ea.  
SELECTION CHICKEN WINGS  
FROZEN, 800-850 g  
SELECTED VARIETIES

**8.00** 2 for  
FONTAINE SANTÉ HUMMUS OR DIPS  
227-240 g, SELECTED VARIETIES  
OR 4.49 EA.

**4.99** ea.  
LIFE SMART FROZEN FRUIT, KASHI OR CHEX CEREAL  
269-480 g  
SELECTED VARIETIES

**5.99** ea.  
LACTANTIA LACTOSE FREE OR ORGANIC MILK  
1.5-2 L  
SELECTED VARIETIES

**6.99** ea.  
KIND BARS  
SELECTED SIZES  
SELECTED VARIETIES

**2 for 6.50**  
DARE COOKIES, CRACKERS, CRISPS OR LECLERC SUMMERTIME COOKIES  
SELECTED SIZES, SELECTED VARIETIES OR 3.89 EA.

**2 for 7.50**  
MINUTE MAID, FIVE ALIVE OR NESTLE JUICE OR DRINKS  
8-10 x 200 mL, SELECTED VARIETIES, OR 4.49 EA.

**10.99** ea.  
CARBONE PASTA SAUCE 640 ml  
SELECTED VARIETIES

**8.00** 2 for  
MOTT'S CLAMATO COCKTAIL 1.89 L  
SELECTED VARIETIES, OR 4.89 EA.

**6.99** ea.  
SAN PELLEGRINO NATURALI OR MOMENTI SPARKLING WATER  
6 x 330 ml  
SELECTED VARIETIES

8 BONUS MILES when you buy 1

**5.49** ea.  
HÄAGEN-DAZS ICE CREAM OR NOVELTIES  
SELECTED SIZES  
SELECTED VARIETIES

**5.99** ea.  
DR. OETKER RISTORANTE OR CASA DI MAMA PIZZA  
SELECTED SIZES, SELECTED VARIETIES

20 BONUS MILES when you buy 2

**5.99** ea.  
CREST OR COLGATE ORAL CARE  
SELECTED SIZES  
SELECTED VARIETIES

**2.99** ea.  
DAWN OR PALMOLIVE DETERGENT, ALCAN FOIL, GLAD WRAP OR REYNOLDS PARCHMENT  
SELECTED SIZES  
SELECTED VARIETIES

**9.99** ea.  
TIDE SIMPLY, GAIN OR CASCADE DETERGENT, DOWNY OR BOUNCE SOFTENERS, CHARMIN BATHROOM TISSUE OR BOUNTY PAPER TOWEL  
SELECTED SIZES  
SELECTED VARIETIES

15 BONUS MILES when you buy 2

**2 for 12.00**  
GENERAL MILLS CEREAL OR LIBERTÉ GREEK YOGURT  
SELECTED SIZES, SELECTED VARIETIES

15 BONUS MILES when you buy 2

**2 for 9.00**  
ENJOY! PLANT-BASED BEVERAGES 1.75 L  
SELECTED VARIETIES OR 4.99 EA.

**2 for 8.50**  
TOSTITOS TORTILLA CHIPS OR SALSA  
SELECTED SIZES, SELECTED VARIETIES OR 4.89 EA.

**LOCALLY SOURCED ONTARIO**

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to the My Metro app  
for exclusive deals.

SAVE  
**\$900**



**\$999**

**POWERADE**  
SPORTS DRINKS  
24 x 591 ml

**24 pk**

**LIMIT ONE REDEMPTION PER CUSTOMER**

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*my*  
**metro**

# **CANADA DAY FUN.**

Join us in store for a  
sweet treat & festive fun  
on Saturday June 29,  
10am - 4pm.

See customer service  
for more details.

# Farm Fresh Produce

 <p><b>4<sup>99</sup></b> ea. BLUEBERRIES PINT PRODUCT OF U.S.A., No. 1 GRADE</p>	 <p><b>5<sup>99</sup></b> /lb COLLOSSAL WASHINGTON CHERRIES PRODUCT OF U.S.A., No. 1 GRADE 13.21/kg</p>	 <p><b>3<sup>99</sup></b> /lb ASPARAGUS PRODUCT OF ONTARIO CANADA No. 1 GRADE 8.80/kg</p>
 <p><b>9<sup>99</sup></b> ea. JUMBO SEEDLESS WATERMELONS PRODUCT OF U.S.A.</p>	 <p><b>3<sup>99</sup></b> /lb PEACHES OR BLACK OR RED PLUMS PRODUCT OF U.S.A., No. 1 GRADE NECTARINES PRODUCT OF U.S.A. 8.80/kg</p>	 <p><b>1<sup>99</sup></b> /lb TOMATOES ON THE VINE PRODUCT OF ONTARIO 4.39/kg</p>
 <p><b>4<sup>99</sup></b> ea. LEMONS 2 lb PRODUCT OF SOUTH AFRICA</p>	 <p><b>2 for 4<sup>00</sup></b> LARGE RED OR HONEY ATAUFO MANGOES PRODUCT OF MEXICO</p>	 <p><b>4<sup>99</sup></b> ea. SWEET CORN 4 PK PRODUCT OF U.S.A., No. 1 GRADE</p>
 <p><b>5<sup>99</sup></b> /lb APRICOTS PRODUCT OF U.S.A., No. 1 GRADE 13.21/kg</p>	 <p><b>5<sup>99</sup></b> ea. SUNSET LOLLI, FLAVOR OR SUGAR BOMB TOMATOES 142 g PRODUCT OF ONTARIO</p>	 <p><b>1<sup>69</sup></b> ea. GREEN ONIONS PRODUCT OF CANADA</p>
 <p><b>2<sup>49</sup></b> /lb LARGE ABATE PEARS PRODUCT OF SOUTH AFRICA EXTRA FANCY GRADE 5.49/kg</p>	 <p><b>4<sup>49</sup></b> /lb DRAGON FRUIT/PITAHAYA PRODUCT OF ECUADOR 9.90/kg</p>	 <p><b>2<sup>99</sup></b> ea. DOLE COLOURFUL COLESLAW OR GARDEN SALAD 340-397 g PRODUCT OF U.S.A.</p>
		 <p><b>2<sup>99</sup></b> ea. BELLE GROVE WHOLE WHITE OR CREMINI MUSHROOMS 227 g, PRODUCT OF ONTARIO</p>
		 <p><b>1<sup>99</sup></b> ea. IRRESISTIBLES NATURAL PECAN HALVES 700 g</p>

# Organic

 <p><b>1.11</b> <b>9<sup>49</sup></b> ea. TONICA ORGANIC KOMBUCHAS 1.1L SELECTED VARIETIES</p>	 <p><b>5<sup>49</sup></b> ea. ATTITUDE ORGANIC SALADS 142 g PRODUCT OF CANADA OR U.S.A. SELECTED VARIETIES</p>	 <p><b>3<sup>99</sup></b> ea. ORGANIC BLUEBERRIES 170 g PRODUCT OF U.S.A., No. 1 GRADE ORGANIC GOJI BERRIES 50 g PRODUCT OF MOROCCO</p>	 <p><b>4<sup>99</sup></b> /lb ORGANIC RED OR GREEN SEEDLESS GRAPES PRODUCT OF MEXICO, No. 1 GRADE 11.00/kg</p>
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# Sliced & Diced

 <p><b>99¢</b> /lb SEEDLESS WATERMELON QUARTERS 2.18/kg</p>	 <p><b>4<sup>99</sup></b> ea. CORED GOLDEN PINEAPPLES 600 g</p>	 <p><b>7<sup>99</sup></b> ea. BLOSSOMING PLANTS WITH THANK YOU PICK ASSORTED COLOURS AND FLOWERS</p>	 <p><b>7<sup>99</sup></b> ea. FOLIAGE PLANTS IN SUMMER BELLA 2.5" POT, ASSORTED VARIETIES</p>	
 <p><b>5<sup>99</sup></b> ea. STORE MADE SMALL SALADS 250-340 g</p>		<p><i>Thank you for a great year!</i></p>  <p><b>14<sup>99</sup></b> ea. UPGRADED ROSE AROMA ROSEBUSH 4" CHROME POT ASSORTED COLOURS</p>		 <p><b>12<sup>99</sup></b> ea. DELIGHTFUL MINI FLOWER ARRANGEMENT ASSORTED COLOURS</p>

## Our Butcher's Finest

 <p><b>PLATINUM GRILL ANGUS TOP SIRLOIN STEAK</b> CUT FROM CANADA AAA GRADE 30.84/kg</p> <p><b>13<sup>99</sup></b> /lb</p>	 <p><b>RED GRILL STRIP LOIN STEAK</b> CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER 37.46/kg</p> <p><b>16<sup>99</sup></b> /lb</p>		
 <p><b>PORK LOIN CHOPS CENTRE CUT VALUE PACK</b> BONE IN 9.90/kg</p> <p><b>4<sup>49</sup></b> /lb</p>	 <p><b>LIFE SMART NATURALIA PORK SHOULDER BLADE CHOPS VALUE PACK</b> 9.90/kg</p> <p><b>4<sup>49</sup></b> /lb</p>		
 <p><b>FRESH MARINATED BONELESS SKINLESS CHICKEN BREASTS</b> SELECTED VARIETIES 15.41/kg</p> <p><b>6<sup>99</sup></b> /lb</p>	 <p><b>FRESH BBQ SEASONED HALF CHICKEN</b> 7.69/kg</p> <p><b>3<sup>49</sup></b> /lb</p>		
 <p><b>FRESH LAMB LEG SHORT CUT NEW ZEALAND SPRING LAMB</b> 15.41/kg</p> <p><b>6<sup>99</sup></b> /lb</p>	 <p><b>FRESH LAMB SHOULDER CHOPS REGULAR OR SOUVLAKI MARINATED VALUE PACK NEW ZEALAND SPRING LAMB</b> 17.61/kg</p> <p><b>7<sup>99</sup></b> /lb</p>	 <p><b>LIFE SMART NATURALIA GRASS FED EXTRA LEAN GROUND BEEF 64g</b> PRODUCT OF NEW ZEALAND</p> <p><b>8<sup>99</sup></b> ea.</p>	 <p><b>LIFE SMART NATURALIA LEAN GROUND PORK 500g</b></p> <p><b>6<sup>49</sup></b> ea.</p>

 <p><b>44TH STREET BEEF POT ROAST OR PULLED PORK</b> 375 - 650g</p> <p><b>12<sup>99</sup></b> ea.</p>	 <p><b>LEADBETTERS BACON</b> 375g SELECTED VARIETIES</p> <p><b>5<sup>99</sup></b> ea.</p>	 <p><b>SELECTION CHICKEN WIENERS</b> 450g</p> <p><b>3 for 5<sup>00</sup></b></p>
 <p><b>SWISS CHALET BREADED CHICKEN BREAST STRIPS OR NUGGETS</b> FROZEN, 700g</p> <p><b>11<sup>99</sup></b> ea.</p>	 <p><b>SCHNEIDERS MEAT PIES</b> FROZEN, 400g SELECTED VARIETIES</p> <p><b>6<sup>99</sup></b> ea.</p>	 <p><b>IRRESISTIBLES CHEESE STICKS</b> FROZEN, 325 - 400g SELECTED VARIETIES</p> <p><b>6<sup>99</sup></b> ea.</p>

## BBQ Favourites

 <p><b>SCHNEIDERS RED HOTS</b> 900g or OLYMEL WIENERS 11g</p> <p><b>10<sup>99</sup></b> ea.</p>	 <p><b>JOHNSONVILLE SMOKED SAUSAGES</b> 375g SELECTED VARIETIES</p> <p><b>4<sup>99</sup></b> ea.</p>	 <p><b>THE KEG BBQ PORK BACK RIBS</b> 700g FROZEN</p> <p><b>17<sup>99</sup></b> ea.</p>
 <p><b>MARC ANGELO LAMB SPIEDINI SKEWERS</b> FROZEN, 400g</p> <p><b>19<sup>99</sup></b> ea.</p>	 <p><b>JANES UNBREADED CHICKEN BURGERS</b> FROZEN, 852g</p> <p><b>11<sup>99</sup></b> ea.</p>	 <p><b>IRRESISTIBLES BEEF BURGERS</b> FROZEN, 852g - 1.02kg SELECTED VARIETIES</p> <p><b>13<sup>99</sup></b> ea.</p>

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT [metro.ca](http://metro.ca)

# It's Grilling Time

Make summer sizzle with fresh cuts made in-store – or get fired up for our selection from brands you can only find at Metro.



**6<sup>99</sup>**  
/lb

STORE MADE SEASONED BEEF BURGERS  
15.41/kg  
SELECTED VARIETIES



FRESH STORE MADE MEAT KABOBS  
19.82/kg  
OR PORK KABOBS  
6.99/lb, 15.41/kg  
SELECTED VARIETIES

**8<sup>99</sup>**  
/lb



**5<sup>99</sup>**  
/lb

LIFE SMART NATURALIA BONELESS PORK LOIN CHOPS  
VALUE PACK OR ROAST  
CENTRE CUT, 13.21/kg



## Toppings that Pack a Flavourful Punch

Treat your favourite cuts of meat to a flavour kick with toppings, seasonings and marinades, like garlic pesto, Tahini-yogurt, Hoisin Ketchup, Garlic Chili Mayo and Sumac. No matter what you're grilling, you'll savour every bite.



**16<sup>99</sup>**  
/lb

RED GRILL STRIP LOIN MEDALLIONS  
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER  
37.46/kg

IRRESISTIBLES NATURALIA WIENERS  
375 g  
**2<sup>99</sup>**  
ea.



SELECTION SMOKED SAUSAGE  
900 g  
SELECTED VARIETIES  
**7<sup>99</sup>**  
ea.





**Over the top flavours from under the sea.**

**4<sup>99</sup>** ea. **FRESH** RAISED WITHOUT ANTIBIOTICS CANADIAN SALMON PORTIONS PLANK, SKINLESS, 150 g

**10<sup>99</sup>** ea. **TRUE NORTH ATLANTIC SALMON BURGERS** FROZEN, 560 g

**15<sup>99</sup>** /lb **TRUE NORTH MAPLE OR BBQ ATLANTIC SALMON CHUNKS** FROZEN, 3.52/1000 g

**1<sup>99</sup>** ea. **PACIFIC WHITE SHRIMP SKEWERS** FROZEN OR PREVIOUSLY FROZEN, 74 g

**4<sup>99</sup>** ea. **7 SEAS SOLE WITH IMITATION CRAB & SHRIMP STUFFING** PREVIOUSLY FROZEN, 210 g

**7<sup>99</sup>** ea. **STORE MADE MINI SEAFOOD PLATTER** PREVIOUSLY FROZEN, 320 g

**10<sup>99</sup>** ea. **OCEAN JEWEL WHOLE MEDITERRANEAN SEA BASS** FROZEN, 640 g

**2 for 9<sup>00</sup>** **HIGH LINER MARKET CUTS OR CATCH OF THE DAY BREADED FISH** FROZEN, 227 - 350 g, OR 4.99 EA.

**7<sup>99</sup>** ea. **MINCED LOBSTER MEAT TIN** FROZEN, 320 g

**9<sup>99</sup>** ea. **BETTERFISH BARRAMUNDI FILLETS** FROZEN, 340 g

**10<sup>99</sup>** ea. **NANUK SMOKED COHO SALMON** FROZEN, 140 g

**Irresistibles**

**6<sup>99</sup>** ea. **SHRIMP BURRITOS WITH CREVETTES** FROZEN, 240 g

**9<sup>99</sup>** ea. **IRRESISTIBLES MARINATED MUSSELS** FROZEN, 307 g, SELECTED VARIETIES

**9<sup>99</sup>** ea. **IRRESISTIBLES SEAFOOD MEDLEY MIX** FROZEN, 908 g

**12<sup>99</sup>** ea. **SHRIMP-CREVETTES** FROZEN, 300 g

**Flavours of Italy**

**2<sup>59</sup>** /100 g **SAN DANIELE MORTADELLA OR MASTRO PROSCIUTTO COTTO** DELI SLICED, 11.75/lb

**2<sup>99</sup>** /100 g **MASTRO CAPOCOLLO** MILD OR HOT DELI SLICED, 13.56/lb

**2<sup>99</sup>** /100 g **MASTRO ROASTED HAM** DELI SLICED, 13.56/lb

**2<sup>99</sup>** /100 g **MASTRO GENOA SALAMI** MILD OR HOT DELI SLICED, 13.56/lb

**3<sup>59</sup>** /100 g **SAPUTO ASIAGO** DELI CUT, PRICES AS MARKED, 16.28/lb

**4<sup>49</sup>** /100 g **CASTELLO GORGONZOLA CHEESE** REGULAR OR SMOKED DELI CUT, PRICES AS MARKED, 20.37/lb

**14<sup>99</sup>** ea. **SAPUTO MINI FRIULANO CHEESE** 500 g

**8<sup>49</sup>** ea. **TRE STELLE RICOTTA, BOCCONCINI OR MOZZARELLA BALL** 200 - 475 g, SELECTED VARIETIES

**7<sup>99</sup>** ea. **MASTRO SLICED DELI MEAT** 150 - 250 g, SELECTED VARIETIES

**10<sup>99</sup>** ea. **SAN DANIELE PROSCIUTTO HAM OR MASTRO SALAMI** 200 - 375 g, SELECTED VARIETIES

**10<sup>49</sup>** ea. **OLIVIERI FRESH STUFFED PASTA OR SKILLET GNOCCHI** 500 - 700 g, SELECTED VARIETIES

**Deli Favourites**

**2<sup>79</sup>** /100 g **SCHNEIDERS BLUE RIBBON BOLOGNA OR BEEF BOLOGNA** DELI SLICED, 12.64/lb

**3<sup>49</sup>** /100 g **DELI CLASSIC ROAST BEEF** DELI SLICED, 15.83/lb

**3<sup>99</sup>** /100 g **BITTNER'S OVEN ROASTED TURKEY BREAST OR GREENFIELD SMOKED HAM** DELI SLICED, 18.10/lb

**3<sup>99</sup>** /100 g **SCHNEIDERS TURKEY BREAST** DELI SLICED, 18.10/lb

**CHEER WITH BEER**  
Kick back, relax and watch the match with your favourite beers and ciders.

<p><b>LECH</b> Poland</p> <p>290 ea. 500 ml</p>	<p><b>INNIS &amp; GUNN</b> THE ORIGINAL Scotland</p> <p>375 ea. 473 ml</p>
<p><b>STIEGL</b> Austria</p> <p>355 ea. 500 ml</p>	<p><b>TUBORG</b> TUBORG GOLD Turkey</p> <p>245 ea. 473 ml</p>
<p><b>FAXE</b> PREMIUM LAGER Denmark</p> <p>245 ea. 473 ml</p>	<p><b>KARLOVACKO</b> Croatia</p> <p>290 ea. 500 ml</p>
<p><b>MADRI</b> EXCEPCIONAL Spain</p> <p>1995 ea. 6 x 473 ml</p>	<p><b>PERONI</b> MASTRO AZZURRO Italy</p> <p>1695 ea. 6 x 330 ml</p>
<p><b>PERONI</b> MASTRO AZZURRO Italy</p> <p>1695 ea. 6 x 330 ml</p>	<p><b>KRONENBOURG</b> 1664 France</p> <p>1595 ea. 6 x 330 ml</p>
<p><b>LÖWENBRÄU</b> Germany</p> <p>235 ea. 473 ml</p>	<p><b>LÖWENBRÄU</b> Germany</p> <p>235 ea. 473 ml</p>

**HEINEKEN**  
Netherlands

2070 ea.  
6 x 500 ml

**STELLA ARTOIS**  
Belgium

1995 ea.  
6 x 473 ml

**metro FRESH 2 GO**

**ROAST BEEF SLIDERS**  
PKG OF 8

1500 ea.

SERVES 4 - 8

All beer, wine and cider advertised are available at selected stores. Please visit metro.ca for store details. Beer and wine prices subject to change in accordance with the LCBO. Prices include HST and deposit.

### Fruit Topped



**19<sup>99</sup>**  
ea.

FRONT STREET BAKERY  
TRIPLE STRAWBERRY OR  
TRIPLE FRUIT BOSTON  
CAKE 1200 g



**18<sup>99</sup>**  
ea.

FRONT STREET BAKERY  
FRUIT TOPPED  
CHEESECAKE 975 g  
SELECTED VARIETIES



**18<sup>99</sup>**  
ea.

FRONT STREET BAKERY  
STRAWBERRY CREAM BAR  
CAKE 650-875 g  
SELECTED VARIETIES



**28<sup>99</sup>**  
ea.

FRONT STREET BAKERY  
GOURMET FANCY FRUIT  
SHORTCAKE 1.25-1.6 kg  
SELECTED VARIETIES

### Lemon Treats



**4<sup>79</sup>**  
ea.

FRONT STREET BAKERY  
LEMON FRUIT BITES  
PKG OF 12, 240-336  
SELECTED VARIETIES



**18<sup>99</sup>**  
ea.

FRONT STREET BAKERY  
LEMON CREAM BAR  
CAKE 650 g



**6<sup>49</sup>**  
ea.

FRONT STREET BAKERY  
LEMON MERINGUE PIE 675 g



**9<sup>99</sup>**  
ea.

IRRESISTIBLES  
LEMON POPPYSEED  
COFFEE CAKE 650 g  
SELECTED VARIETIES



**3<sup>79</sup>**  
ea.

FRONT STREET BAKERY  
PUMPERNICKEL OR  
PANE ITALIAN GARLIC  
BREAD 350-475 g



**3<sup>79</sup>**  
ea.

PREMIÈRE MOISSON  
BAGUETTES 325-475 g  
SELECTED VARIETIES



**3<sup>79</sup>**  
ea.

FRONT STREET BAKERY  
KAISER OR FRENCH ROLLS  
PKG OF 6-8, 390-480 g  
SELECTED VARIETIES



**3<sup>79</sup>**  
ea.

FRONT STREET BAKERY  
DINNER, HOT DOG OR  
HAMBURGER ROLLS  
PKG OF 8-12, 340-425 g  
SELECTED VARIETIES



**3<sup>69</sup>**  
ea.

DEMPSTER'S  
WHITE OR 100% WHOLE  
WHEAT BREAD  
675 g



**3<sup>79</sup>**  
ea.

D'ITALIANO  
ROLLS  
SELECTED SIZES  
SELECTED VARIETIES



**6<sup>99</sup>**  
ea.

SELECTION  
CINNAMON ROLLS 595 g



**4<sup>49</sup>**  
ea.

SCHOOL SAFE  
CUPCAKES 300 g  
CHOCOLATE OR VANILLA

## Snacks & Beverages



**2 for**  
**8<sup>00</sup>**

RICEWORKS  
RICE CRISPS  
SELECTED SIZES  
SELECTED VARIETIES OR 4.29 EA.



**2 for**  
**6<sup>00</sup>**

IRRESISTIBLES  
LIFE SMART  
TORTILLA CHIPS  
SELECTED SIZES  
SELECTED VARIETIES



**1.5L**  
**2 for**  
**7<sup>00</sup>**

evian  
evian  
EVIAN NATURAL  
SPRING WATER  
1.5 L, OR 3.79 EA.



**10<sup>99</sup>**  
ea.

RED BULL  
ENERGY DRINKS  
4 X 250 mL, SELECTED VARIETIES



**22<sup>99</sup>**  
ea.

CORONA SUNBREW  
NON-ALCOHOLIC BEER  
12 X 355 mL



**2 for**  
**7<sup>00</sup>**

KELLOGG'S  
CEREAL BARS,  
RICE KRISPIES OR  
POP-TARTS  
SELECTED VARIETIES, OR 3.99 EA.



**2 for**  
**6<sup>00</sup>**

PLUMM  
GOOD  
RICE CAKES 45 g  
SELECTED VARIETIES  
OR 3.29 EA.



**6<sup>49</sup>**  
ea.

PLANTERS NUTS  
SELECTED SIZES  
SELECTED VARIETIES



**2 for**  
**3<sup>00</sup>**

NUTELLA & GO!  
KINDER CHOCOLATE BITE  
52 g



**2 for**  
**7<sup>00</sup>**

SKITTLES OR STARBURST  
CANDY 130-191 g  
SELECTED VARIETIES  
OR 3.79 EA.



**6<sup>49</sup>**  
ea.

PRINGLES  
SNACK STACKS CHIPS  
12 X 19 g



**2 for**  
**7<sup>00</sup>**

COCA-COLA OR  
CANADA DRY  
SOFT DRINKS  
1 L  
LESS THAN 2  
PAY 4.29 EA.



**2 for**  
**5<sup>50</sup>**

SOUR PATCH KIDS OR  
MAYNARDS CANDY 150-151 g  
SELECTED VARIETIES



**2 for**  
**7<sup>50</sup>**

RITZ  
CRACKERS  
180-200 g, SELECTED VARIETIES  
LESS THAN 2  
PAY 4.29 EA.



**4<sup>99</sup>**  
ea.

CHRISTIE FAMILY SIZE  
COOKIES OR CRACKERS  
300-500 g, SELECTED VARIETIES  
WHILE QUANTITIES LAST



**2 for**  
**7<sup>00</sup>**

CHEEZ-IT, SNAP'D OR  
TOWN HOUSE CRACKERS  
210-291 g, SELECTED VARIETIES  
OR 3.69 EA.

**FREE SAME-DAY PICKUP**

**SAME FLYER PRICES AND DEALS ONLINE**



# CAMPING? PACK THE SNACKS

Make it an adventure  
to remember with  
our variety of sweet &  
savory snacks.



**2 for  
6.00**

LAY'S  
FAMILY SIZE CHIPS  
SELECTED SIZES  
SELECTED VARIETIES



**8.49  
ea.**

MCSWEENEY'S  
BEEF JERKY SNACKS  
125 g  
SELECTED VARIETIES



**2 for  
6.00**

TAKIS  
TORTILLA CHIPS  
SELECTED SIZES  
SELECTED VARIETIES

**Campsite Favourites**

**2 for  
7.00**  
or  
3.89 ea.

ALLEN'S  
JUICE OR COCKTAILS  
8 x 200 ml  
SELECTED VARIETIES

**10.99  
ea.**

SUN RYPE  
FRUIT & VEGGIE BARS 12 x 37 g  
OR FRUIT TO GO BARS 24 x 14 g

## S'MORE TO LOVE ABOUT CAMPING



**2 for  
11.00**

M&M'S  
CELLOPHANE CHOCOLATE  
155 - 165 g  
SELECTED VARIETIES

**2 for  
7.00**

HARIBO  
GUMMY CANDY  
175 g  
SELECTED VARIETIES

**4.99  
ea.**

PRODUCT OF  
CALIFORNIA

BLUE  
DIAMOND  
ALMONDS  
170 g  
SELECTED VARIETIES

**2 for  
6.50**  
or pay  
3.59 ea.

LECLERC  
COOKIES  
240 g  
SELECTED VARIETIES

**6.99  
ea.**

SAN PELLEGRINO  
NATURALI OR MOMENTI  
LIGHT SPARKLING WATER  
6 x 330 ml  
SELECTED VARIETIES

**7.99  
ea.**

MAISON  
PERRIER OR  
PERRIER SPARKLING WATER  
8 x 330 ml  
SELECTED VARIETIES

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**10.99  
ea.**

HERSHEY'S  
S'MORES CHOCOLATE  
1 lb  
SELECTED VARIETIES

**18**

HERSHEY'S  
S'MORES  
VARIETY SELECTION  
3 REESE'S  
3 BARS | 1 BAR OF MOMENTS™ | 2 POUCHES OF FUDGE CHOCOLATE  
651 g

**BUY MORE SAVE MORE!**  
ALL THE ESSENTIALS YOU NEED AT BETTER VALUE

 <p><b>2 for 400</b> LESS THAN 2 PAY 2.79 EA. SELECTION TOMATO SAUCE 400 mL SELECTED VARIETIES</p>	 <p><b>2 for 900</b> LESS THAN 2 PAY 5.49 EA. SILK BEVERAGES SELECTED SIZES SELECTED VARIETIES</p>	 <p><b>2 for 1000</b> LESS THAN 2 PAY 5.99 EA. YUKON NOVELTY SELECTED SIZES SELECTED VARIETIES</p>	 <p><b>3 for 1100</b> LESS THAN 3 PAY 4.49 EA. BEN'S ORIGINAL BISTRO EXPRESS RICE 240 - 250 g SELECTED VARIETIES</p>
 <p><b>3 for 1000</b> LESS THAN 3 PAY 4.69 EA. GENERAL MILLS CHEWY BARS SELECTED VARIETIES</p>	 <p><b>2 for 800</b> LESS THAN 2 PAY 4.49 EA. GOGO SQUEEZ FRUIT SNACKS SELECTED SIZES SELECTED VARIETIES</p>	 <p><b>2 for 1200</b> LESS THAN 2 PAY 8.99 EA. AHA SPARKLING WATER 473 mL SELECTED VARIETIES</p>	 <p><b>2 for 400</b> LESS THAN 2 PAY 2.19 EA. SELECTION CHIPS SELECTED VARIETIES</p>

**More Great Savings**

 <p><b>499</b> ea. SELECTION LACTOSE FREE CREAM 473 ml - 1 L SELECTED VARIETIES</p>	 <p><b>799</b> ea. STOK COLD BREW COFFEE BEVERAGES 1.2L SELECTED VARIETIES</p>	 <p><b>399</b> ea. 30 BONUS MILES when you buy 2 BURNBRAE EGG CREATIONS! OR EGGS2GO! PEELED EGGS SELECTED SIZES, SELECTED VARIETIES</p>	 <p><b>699</b> ea. BEATRICE CHOCOLATE MILK 1 L</p>
 <p><b>999</b> ea. NUTELLA SPREAD 1 kg</p>	 <p><b>349</b> ea. GAY LEA SOUR CREAM SELECTED SIZES, SELECTED VARIETIES</p>	 <p><b>500</b> ea. 2 for MICHELINA'S FROZEN ENTRÉES SELECTED SIZES SELECTED VARIETIES OR 2.89 EA.</p>	 <p><b>800</b> ea. 2 for CAVENDISH FRIES SELECTED SIZES SELECTED VARIETIES OR 4.49 EA.</p>
 <p><b>500</b> ea. 2 for BARILLA PASTA 340 - 400 g SELECTED VARIETIES</p>	 <p><b>399</b> ea. MUTTI CANNED TOMATOES OR PASSATA 400 - 796 ml SELECTED VARIETIES</p>	 <p><b>599</b> ea. HEALTHY CHOICE OR HUNGRY-MAN FROZEN ENTRÉES SELECTED SIZES SELECTED VARIETIES</p>	 <p><b>999</b> ea. IRRESISTIBLES MEGA PIZZA 1.08 - 1.13 kg SELECTED VARIETIES</p>
 <p><b>169</b> ea. IRRESISTIBLES LIFE SMART CANNED BEANS 540 ml SELECTED VARIETIES</p>	 <p><b>199</b> ea. BRUNSWICK SARDINES 106 g SELECTED VARIETIES</p>	 <p><b>499</b> ea. OLIVE GARDEN DRESSING 473 ml SELECTED VARIETIES</p>	 <p><b>699</b> ea. MIRACLE WHIP SALAD DRESSING 650 - 890 ml SELECTED VARIETIES</p>
 <p><b>349</b> ea. SELECTION ALMONDS OR WALNUTS 100 g SELECTED VARIETIES</p>	 <p><b>599</b> ea. PAM COOKING SPRAY 103 - 141 g SELECTED VARIETIES</p>	 <p><b>249</b> ea. FRENCH'S MUSTARD 400 ml</p> <p><b>499</b> ea. FRENCH'S KETCHUP 750 ml - 1 L SELECTED VARIETIES</p>	
 <p><b>699</b> ea. JIF PEANUT BUTTER, SMUCKER'S JAM 200 - 500 ml - 1 kg SELECTED VARIETIES</p>	 <p><b>449</b> ea. FRANK'S REDHOT SAUCE 354 ml SELECTED VARIETIES</p> <p><b>499</b> ea. CLUB HOUSE OR LA GRILLE SPICES 107 - 240 g SELECTED VARIETIES</p>		

**WE'VE GOT THE FLAVOUR**  
EXPLORE GRILLING RECIPES & TIPS ON OUR FLAVOUR MAKER APP

**Organic**

<p>ANNIE'S GRAHAM COOKIES 213 g SELECTED VARIETIES</p> <p><b>3<sup>99</sup></b> ea.</p>	<p>GOOD FOOD FOR GOOD SAUCE 250 ml SELECTED VARIETIES</p> <p><b>7<sup>99</sup></b> ea.</p>	<p>PRANA CHOCOLATE BARK 95 - 100 g SELECTED VARIETIES</p> <p><b>5<sup>99</sup></b> ea.</p>	<p>FOUR O'CLOCK TEA 16 oz. SELECTED VARIETIES</p> <p><b>5<sup>99</sup></b> ea.</p>
<p>CLIF KID ZBAR 5 x 36 g SELECTED VARIETIES</p> <p><b>6<sup>49</sup></b> ea.</p>	<p>BUY MORE SAVE MORE! 2 for <b>13<sup>00</sup></b> LESS THAN 2 PAY 8.99 EA.</p> <p>LIFE SMART SMOOTHIE MIX 360 g SELECTED VARIETIES</p>	<p>LIFE SMART CANNED LEGUMES 390 ml SELECTED VARIETIES</p> <p><b>1<sup>49</sup></b> ea.</p>	<p>Honest KIDS organic Fruit Punch 5 x 200 ml SELECTED VARIETIES</p> <p><b>4<sup>99</sup></b> ea.</p>

**Lactose-Free**

<p>DAIYA PASTA SAUCE 402 g SELECTED VARIETIES</p> <p><b>8<sup>99</sup></b> ea.</p>	<p>HALO TOP FROZEN DESSERT 473 ml SELECTED VARIETIES</p> <p><b>7<sup>49</sup></b> ea.</p>	<p>NUTS FOR CHEESE SPREAD 210 g SELECTED VARIETIES</p> <p><b>8<sup>99</sup></b> ea.</p>	<p>VITA COCO COCONUT BEVERAGE 1 L</p> <p><b>3<sup>99</sup></b> ea.</p>
<p>BUY MORE SAVE MORE! 2 for <b>6<sup>00</sup></b> LESS THAN 2 PAY 3.49 EA.</p> <p>BLUE DIAMOND ALMOND BEVERAGE 946 ml SELECTED VARIETIES</p>	<p>ORGANIC MEADOW YOGOURT 750 g SELECTED VARIETIES</p> <p><b>5<sup>99</sup></b> ea.</p>		

**Non-GMO**

<p>DAIYA PASTA SAUCE 402 g SELECTED VARIETIES</p> <p><b>8<sup>99</sup></b> ea.</p>	<p>HALO TOP FROZEN DESSERT 473 ml SELECTED VARIETIES</p> <p><b>7<sup>49</sup></b> ea.</p>	<p>NUTS FOR CHEESE SPREAD 210 g SELECTED VARIETIES</p> <p><b>8<sup>99</sup></b> ea.</p>	<p>VITA COCO COCONUT BEVERAGE 1 L</p> <p><b>3<sup>99</sup></b> ea.</p>
<p>BUY MORE SAVE MORE! 2 for <b>6<sup>00</sup></b> LESS THAN 2 PAY 3.49 EA.</p> <p>BLUE DIAMOND ALMOND BEVERAGE 946 ml SELECTED VARIETIES</p>	<p>ORGANIC MEADOW YOGOURT 750 g SELECTED VARIETIES</p> <p><b>5<sup>99</sup></b> ea.</p>		

**Baby, Beauty & Health**

<p>5 for <b>11<sup>00</sup></b></p> <p>LITTLE GOURMET BABY PUREE 103 ml SELECTED VARIETIES OR 2.29 EA.</p>	<p>6 for <b>12<sup>00</sup></b> LESS THAN 6 PAY 2.49 EA.</p> <p>BABY GOURMET BABY PUREE 103 - 120 ml SELECTED VARIETIES</p>
<p>LIVE CLEAN BABY CARE SELECTED SIZES SELECTED VARIETIES</p> <p><b>7<sup>49</sup></b> ea.</p>	<p>Aveeno baby BABY LOTION 227 ml SELECTED VARIETIES</p> <p><b>8<sup>49</sup></b> ea.</p>
<p>JAMIESON MULTI GUMMIES 150 ea.</p> <p><b>11<sup>99</sup></b> ea.</p>	<p>CETAPHIL SKIN CARE 50 - 500 ml SELECTED VARIETIES</p> <p><b>14<sup>99</sup></b> ea.</p>

**Household Helpers**

<p>NEW</p> <p>Ziploc MESS FREE FOOD OR MARINADE BAGS 10 - 100 oz. SELECTED VARIETIES</p> <p><b>4<sup>99</sup></b> ea.</p>	<p>Royale NAPKINS 75 - 240 ea. SELECTED VARIETIES</p> <p><b>4<sup>99</sup></b> ea.</p>
<p>SCRUBBING BUBBLES TOILET CLEANERS SELECTED SIZES SELECTED VARIETIES</p> <p><b>4<sup>99</sup></b> ea.</p>	<p>BUY MORE SAVE MORE! 2 for <b>22<sup>00</sup></b> LESS THAN 2 PAY 15.99 EA.</p> <p>FINISH DISHWASHER DETERGENTS OR JET DRY SELECTED SIZES SELECTED VARIETIES</p>
<p>LIQUID-PLUMR CLOG DESTROYER 2.37 L</p> <p><b>9<sup>99</sup></b> ea.</p>	<p>ENERGIZER BATTERIES 2 - 8 ea. SELECTED VARIETIES</p> <p><b>9<sup>99</sup></b> ea.</p>

<p>BANANA BOAT HIGH ENDURANCE VS. SWEAT &amp; WATER</p> <p>BANANA BOAT ULTRA SPORT</p> <p><b>9<sup>99</sup></b> ea.</p>	<p>HAWAIIAN TROPIC SUN CARE SELECTED SIZES SELECTED VARIETIES</p> <p><b>12<sup>99</sup></b> ea.</p>
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<p>WARMER + REFILL</p> <p>PLUG FEBREZE WARMER <b>99¢</b> ea.</p> <p>REFILL FEBREZE REFILLS 2 x 226 ml <b>12<sup>99</sup></b> ea.</p> <p>FIRST DAY FRESH for <b>50 DAYS</b></p>
--



**LOCALLY  
SOURCED**  
ONTARIO

**We take pride in sourcing locally from the  
Escarpment Region.**

JENSEN  
CHEESE CURDS  
12.66/lb  
SELECTED VARIETIES

**279**  
/100 g



UNIQPOL  
ROLLED CHICKEN WITH  
GARLIC, DILL OR  
JALAPEÑO  
10.39/lb  
SELECTED VARIETIES

**229**  
/100 g



WRAP IT UP RAW  
210 g

**849**  
ea.



MRAKOVIC  
CHEVAPI, BEEF SLIDERS  
OR CHICKEN BURGERS  
FROZEN, 560 - 678 g

**1199**  
ea.



NATURE'S MIX  
GRANOLA  
550 - 575 g  
SELECTED VARIETIES

**999**  
ea.



DUTCHMAN'S GOLD  
BUCKWHEAT,  
WILD BLUEBERRY  
OR ROYAL JELLY HONEY  
500 g  
SELECTED VARIETIES

**899**  
ea.



Effective June 20 - July 17, 2024

**metro** IS PROUD TO SUPPORT ONTARIO

**LEARN MORE**

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# FREE DELIVERY

when you buy 3 participating products\*

PROMO CODE  
**42DELIVERY**

FRESH  
**2 GO**



Shop Now

\*Valid for selected stores only.  
Offer not available for the MPriority or Express Delivery service.





MOTT'S CLAMATO  
1.89 L  
SELECTED VARIETIES

**2 for**  
**800**  
or pay  
4.89 ea.

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**bai** FOR THE GOOD IN YOU™



BAI ANTIOXIDANT INFUSION  
530 ml  
SELECTED VARIETIES

**2 for**  
**400**  
or pay  
2.99 ea.

[DrinkBaiCanada.com](http://DrinkBaiCanada.com)

Contains caffeine. Trademark used under license by Canada Dry Mott's Inc

TASTE OF SUMMER

PEPSI MINI SOFT DRINKS  
6 x 222 ml  
SELECTED VARIETIES

**BUY MORE  
SAVE MORE!**

**2 for**  
**900**  
Less than 2  
pay 4.99 ea.



MINI-SIZED,  
MEGA  
FLAVOUR



**DISCOVER  
NEW** minis



**2 for**  
**750**  
Less than 2  
pay 3.99 ea.

**BUY MORE  
SAVE MORE!**

FRITO-LAY  
MINIS SNACKS  
102 - 145 g  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

BUBLY SPARKLING  
WATER BEVERAGE  
12 x 355 ml  
OR MONTELLIER  
CARBONATED NATURAL  
SPRING WATER  
10 x 355 ml  
SELECTED VARIETIES

**2 for**  
**1300**  
Less than 2  
pay 7.99 ea.

**BUY MORE  
SAVE MORE!**



GATORADE  
SPORTS DRINK  
6 x 591 ml  
SELECTED VARIETIES

**BUY MORE  
SAVE MORE!**

**2 for**  
**1200**  
Less than 2  
pay 7.99 ea.

**SMUCKER'S**  
**Uncrustables**  
THE BEST PART  
OF THE SANDWICH™

**DISCOVER  
NEW**



**2 for**  
**1000**  
or pay  
5.49 ea.

SMUCKER'S  
UNCRUSTABLES  
4 x 52 - 58 g  
SELECTED VARIETIES



Find it  
in the  
FREEZER  
AISLE

**THE BEST OF SUMMER** with Cedar Planked Atlantic Salmon & New By The Sea Lobster Mac & Cheese!






**PROUDLY MADE IN CANADA**

**19<sup>99</sup>** ea. CEDAR BAY LARGE PLANKED SALMON FROZEN, 544 g

**13<sup>99</sup>** ea. BY THE SEA LOBSTER MAC & CHEESE FROZEN, 375 g

**6<sup>99</sup>** ea. CEDAR BAY PLANKED SALMON FROZEN, 141 g

**MARCANGELO** MEDITERRANEAN QUALITY

**The best things are meant to be shared!**





**12<sup>99</sup>** ea. MARCANGELO PORK OR CHICKEN KABOBS 480 - 640 g

**8<sup>99</sup>** ea. MARCANGELO SKEWERS 200 - 320 g SELECTED VARIETIES

**7<sup>99</sup>** ea. MARCANGELO SAUSAGES FROZEN, 500 - 675 g SELECTED VARIETIES

**DINNER PLATE MEETS**



Proud Partner of the Toronto Blue Jays™





**13<sup>99</sup>** ea. JANES ULTIMATES FISH FILLETS OR PAN SEAR FROZEN, 500 - 695 g SELECTED VARIETIES

**7<sup>99</sup>** ea. JANES CLASSICS VALUE FISH FROZEN, 450 - 510 g SELECTED VARIETIES






**10<sup>99</sup>** ea. JANES PUB STYLE WINGS FROZEN, 660 g SELECTED VARIETIES

**10<sup>99</sup>** ea. JANES PUB STYLE BREADED CHICKEN OR TURKEY FROZEN, 600 - 700 g SELECTED VARIETIES

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**BUTTERBALL**



**3<sup>49</sup>** ea. BUTTERBALL TURKEY FRANKS 450 g



**5<sup>99</sup>** ea. BUTTERBALL TURKEY BACON 300 - 375 g SELECTED VARIETIES



**11<sup>99</sup>** ea. BUTTERBALL TURKEY BURGERS FROZEN, 852 g